

**PALARONG PAMBANSA 2010**  
**April 11 – 17, 2010**  
**PROVINCE OF TARLAC**

**SWIMMING GROUND RULES**

**1. COMPETITION RULES**

- 1.1. International rules of the Federation International de Natation (FINA) will be applied. Ground rules which have been agreed upon shall be implemented.
- 1.2. One start rule.
- 1.3. Competition will be in Heats and Finals format. Heats will start at 8:30 A.M. and Finals will be at 3:30 P.M.
- 1.4. Each swimmer is allowed to swim five (5) individual events and two (2) relay events. However, a swimmer may only participate in three (3) events per day, inclusive of relay events.
- 1.5. Each delegation is allowed to enter two (2) swimmers per individual event and one (1) relay team in the relay events.
- 1.6. A swimmer who fails to swim an event will not be allowed to swim his succeeding events for that session unless otherwise that swimmer submits a medical report from the Palarong Pambansa Official Medical Physician.
- 1.7. 400 Meter Freestyle for Elementary and 800 Meter Freestyle for Secondary will be in Timed Finals format with the exception of the last heat to be held during the Final Round.
- 1.8. Only athletes, coaches and Delegation Officials with official identification tags will be allowed at areas designated for delegates.

**2. RELAY ENTRY**

- 2.1. Relay team entries and names of swimmers in order of swim (including two (2) alternates for Freestyle Relay and four (4) alternates for the Medley Relay) must be submitted in the master list of entries.
- 2.2. Indicate order of swim by numbering swimmers (1-6) in the official entry form. Swimmers must swim in the order in which they are to swim.
- 2.3. Relay swimmers participating in the heats will be the same swimmers that will participate in the finals. Order list of swimmers may be changed 30 minutes before the start of each session.

**3. SWIMWEAR**

- 3.1. The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.

3.2. All swimsuits shall be non transparent.

3.3. The competitor must wear swimsuit in one or two pieces which shall not extend beyond the ankles, the wrists and the neck. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

3.4. The referee of a competition has the authority to exclude any competitor whose swimwear or body symbols do not comply with this Rule.

3.5. Composition/other items: Men's swimsuits are in one piece. Subject to decency rule and observance of limitation in surface covered, Women's swimsuits may be in one or two pieces. Other items covering the body and not part of the swimsuit are prohibited.

#### **4. PROTEST**

4.1. Protests are possible

4.1.1. if the rules and regulations for the conduct of the competition are not observed,

4.1.2. if other conditions endanger the competitions and/or competitors, or

4.1.3. against decisions of the referee; however, no protest shall be allowed against decisions of fact.

4.2. Protest must be submitted

4.2.1. To the referee

4.2.2. In writing

4.2.3. By the responsible Team Leader / Coach only

4.2.4. Together with a deposit of P 4,500.00.

4.2.5. Within 30 minutes following the conclusion of the respective event

#### **5. TIMING**

4.1. In the case of an electronic timing systems malfunction, official manual time of a swimmer shall be determined as follows:

4.1.1. If in the case that the time of the first swimmer is greater than the time of the second swimmer, average time of swimmers involved shall be the official time of both swimmers.

4.1.2. Official placing will be decided by the referee based on facts and a referee's decision (RD) will be indicated at the official results.

## **6. WITHDRAWAL**

6.1. A competitor or team not wishing to take part in the final round in which qualification was earned shall withdraw within thirty (30) minutes following the preliminaries of the event in which the qualification took place.

6.2. Any competitor who withdraws from the heats / preliminary rounds thirty (30) minutes after the preliminaries of the event in which qualification was earned, shall pay without excuse to the Management Committee the sum of one thousand pesos (P 1,000.00); in case of a relay, the sum shall be two thousand pesos (2,000.00).

## **7. TEAM COMPOSITION**

5.1. Number of swimmers per delegation will be as follows:

Elementary – 10 Male and 10 Female

Secondary – 10 Male and 10 Female

## **8. SUBMISSION OF ENTRIES**

6.1. All entries must be on official entry forms.

6.2. Submission of entries must indicate the latest best time of each swimmer in each event for seeding purposes and lane assignments.

6.3. Deadline for the submission of entries will be at 6:00 P.M. following the conclusion of the Coaches' Meeting.

9. Coaches and Team Managers' meeting will be held after the Solidarity Meeting.

**RICHARD G. LUNA**  
Tournament Manager  
Swimming